

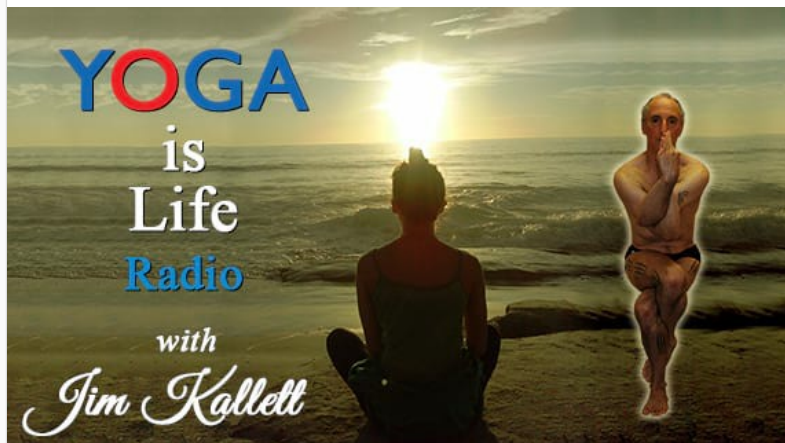
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## Yoga is Life Radio

Archives Available

September 24th 2014: Talking Yoga with Emmy Cleaves

We will talk with the magnificent Emmy Cleaves about the great healing and restorative power of proper Yoga practice, about the physical and mental aspects of Hatha Yoga Asana practice, including it's bio-energetic effects – how it works. We will also talk about her 60 years of practicing Yoga, and her relationship with Bikram Yoga, which she has been teaching and practicing since 1973, as the Principal teacher at the Yoga College of India Headquarters in Los Angeles, and Bikram's Yoga Teacher Training (since 1993).



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## Featured Guest



### Emmy Cleaves

Emmy Cleaves first met Bikram Choudhury at a Yoga demonstration in 1973. After practicing with him somewhat skeptically, she visited India to investigate Yoga techniques for herself. She discovered there that his method and way of teaching was the most efficacious and precise. Upon returning to Los Angeles she devoted herself to studying and eventually teaching Bikram Yoga. She has dedicated the last forty-one years of her life to teaching and spreading the healing and regenerative power of Yoga.

[Read more](#)

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